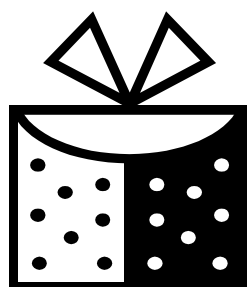


Legacy Gift Program

Our Legacy Gift program is your opportunity to donate to Senior Services to meet current needs and to plan for the future. See all the details on page 10.



Wi-Fi Now Available

Now you can log onto the internet while you are at Senior Services with your wireless device.



Just ask for the password at the front desk. While you are there, be sure to check out our webpage for all the latest information about Senior Services at

www.daviecountync.gov

NEWSLETTER TABLE OF CONTENTS

SPECIAL EVENTS MOCKSVILLE SITE2	Special Interest.....16
SHIIP INFORMATION9	Stage, Screen & Music.....16
SPECIAL INFORMATION10	DESTINATION FITNESS17
ONGOING - MOCKSVILLE SITE11	FINANCIAL SUPPORT17
Arts & Crafts.....11	SERVICES17
Computer Classes.....11	SUPPORT GROUPS20
Dance.....12	TRIPS20
Drop In Activities.....12	VOLUNTEER OPPORTUNITIES21
Exercise.....13	ONGOING - FARMINGTON SITE22
Games.....14	SPECIAL EVENTS - FARMINGTON SITE23
Health & Wellness.....15	EVENT CALENDAR/FARMINGTON24
Literary Arts.....15	EVENT CALENDAR/MOCKSVILLE25
Lunch.....16	SURVEY27

OCTOBER SPECIAL EVENTS - MOCKSVILLE SITE

Our Mocksville site is located at 278 Meroney Street. Hours are Monday - Thursday, 8:00am - 8:00pm, Friday, 8:00am - 5:00pm, Saturday - 9:00am - 1:00pm. Phone Number is 336-753-6230.

SENIOR FINANCIAL CARE

Tuesday, October 1 - 8:30am - 4:30pm - by appt. - Media Room
Counselors provided by Senior Financial Care of Winston Salem
See all the details on pg. 19.

VERTIGO SEMINAR

Tuesday, October 1 - 10:30am - MP Room B
Speaker: Dr. Scott Harper, Wake Forest School of Medicine
RSVP by Sept. 24
Dizziness is often common in older adults. There is a difference in dizziness and vertigo. Come to this informative seminar to learn more about vertigo, the causes, symptoms and treatments. Open to adults of all ages - no children, please.
Qualifies for Destination Fitness drawing.

BLOOD PRESSURE SCREENINGS

Tuesday, October 1 - 10:45am - Multipurpose Room A
See all the details on pg. 16.

VETERAN'S SOCIAL

Wednesday, October 2 - 10:30am - Multipurpose Room B
Speaker: Representatives from NC Division of Veteran's Affairs District Office
RSVP deadline: Sept. 25
Senior Services and the Veteran's Service Office host this event for veterans. Any veteran is invited to come out for a time of socialization and refreshments. ***This is intended to be a time of reminiscing and socialization for veterans, therefore it is limited to veterans only, no guests, unless a caregiver is needed in order for the veteran to attend.***

HANDBELLS

Friday, October 4 - 10:00am - MP Room B
RSVP by Sept. 27
See all the details on pg. 16.

BEGINNER'S KNITTING

Fridays, October 4 - November 22 - 11:00am - 12:00noon - Classroom A
Instructor: Reba Holt
Cost: Free
RSVP by Sept. 27
If you want to learn to knit, now is your chance. Please bring your own yarn & size 8 knitting needles. Open to adults 55 & older and exceptions under the general participation policy.

FALL FEST - VOLUNTEERS NEEDED

Friday, October 4 - 2:00pm - Autumn Care
Friday, October 11 - 10:30am - Bermuda Commons
Friday, October 18 - 10:30am - Davie Place
Friday, October 25 - 2:00pm - Somerset Court

Each year Senior Services visits long term care facilities in our community to host a small carnival style program for their residents. Volunteers are needed for each facility's event. If you can help on any of the above dates, please give us a call.

ASK THE DOCTOR

Monday, October 7 - 10:45 - 11:15am - MP Room A
Speaker: Dr. George Kimberly
See all the details on pg. 15.



FLU SHOTS - TWO DAYS!!

Tuesday, October 8 - 9:00am - 3:00pm
Or
Friday, October 18 - 9:00am - 12:00pm
By Appointment Only

Cost: See below

Be sure to get your flu shot to avoid getting sick. You must have an appointment to get your shot. Shots are free for Medicare Part B recipients and some other insurance holders. Please inquire when you make your appointment as to whether or not your insurance is accepted. You must bring your insurance card in with you.

OCTOBER SPECIAL EVENTS - MOCKSVILLE SITE

SCRAPBOOKING

Tuesday, October 8 - 2:00pm - Classroom A
RSVP by Oct. 1

See all the details on pg. 11.

ALZHEIMER'S SUPPORT GROUP

Tuesday, October 8 - 6:30pm - Classroom A
Please RSVP by Oct. 1

See all the details on pg. 20.



PUMPKIN CARVING

Wednesday, October 9 -
10:45am - MP Rooms A & B
Demonstrator: Tim Trudgeon
RSVP by Oct. 2

If you've never seen Tim carve pumpkins you are missing a treat. Come watch as interesting faces come to life from an ordinary pumpkin. Open to adults 55 & older and exceptions under the general participation policy.

SHARING & CARING - NEW!

Thursday, October 10 - 1:00 - 3:00pm -
Classroom B

See all the details on pg. 11.

SENIOR FINANCIAL CARE

Tuesday, October 15 - 8:30am - 2:00pm - by
appt. - Classroom A
Counselors provided by Senior Financial
Care of Winston Salem

See all the details on pg. 19.

AUTUMN LEAVES PARTY

Tuesday, October 15 - 2:00pm -
Multipurpose Rooms A & B
RSVP by: Oct. 8

Celebrate the Fall season with fun, food and entertainment. Open to adults 55 and older and exceptions under the general participation policy.



SENIOR BOOK CLUB

Tuesday, October 15 - 2:30 - 4:00pm -
Classroom A
RSVP by Oct. 8

See at the details on pg. 15.

WI-FI, CELL PHONES & MORE

Thursday, October 17 - 1:00pm - Multipurpose
Room B

Speaker: Shannon Adams, Yattel
RSVP by Oct. 10

Senior Services now has Wi-Fi available for our participants to use on site. Do you need some help in getting on the internet on your device? Do you have a cell phone that you need some help setting up voice mail, or entering a number into your contacts? Mr. Adams will be here to help with your needs. Be sure to bring the device that you have a question about. Open to adults 55 and older and exceptions under the general participation policy.

DESTINATION FITNESS TESTING

Monday, October 21 - 10:45 - 11:45am -
Exercise Room - By appointment only

See all the details on pg. 17.



MONTHLY MOVIE - "42 - THE TRUE **STORY OF AN AMERICAN LEGEND"**

Monday, October 21 - 1:00pm -
Multipurpose Rooms A & B
RSVP by Oct. 14

MPLC license No: 12377840

This is the life story of Jackie Robinson and his history making signing with the Brooklyn Dodgers. As he endures racial hostility both on and off the field, he finds allies and hope where he least expects it. This movie stars Chadwick Boseman and Harrison Ford and is rated PG-13 for thematic elements including language. Runtime is approximately 2 hours and 8 minutes. It is open to adults 55 & older & exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for all movies when available.*

THEATRE CLUB

Tues., October 22 - 1:00pm - Classroom B
See all the details on pg. 16.

SHARING & CARING - NEW!

Thursday, October 24 - 1:00 - 3:00pm -
Classroom B

See all the details on pg. 11.

OCT/NOV SPECIAL EVENTS - MOCKSVILLE SITE

SATURDAY MORNING

BREAKFAST

Saturday, October 26 - 9:00am

- Multipurpose Rooms A & B

RSVP by Oct. 18

Adults 55 and older & their guests of any age are invited to a great breakfast. Dress in your favorite Halloween costume for a fun costume contest. (Costumes not required for attendance at the breakfast). You may bring any number of guests, but anyone under 55 must be accompanied by someone 55 or older.



DINNER & A MOVIE - **"UNFINISHED SONG"**

Monday, October 28 - 5:30pm

RSVP by Oct. 21

MPLC license No: 12377840

Enjoy dinner then stay for "Unfinished Song". Grumpy retiree Walter is inspired by his wife to join an unconventional local choir. As the director tries to help Walter embrace life and come closer to his estranged son, Walter embarks on a life affirming journey of musical self discovery. Starring Terrance Stamp and Vanessa Redgrave, this movie is rated PG -13 for some sexual references and rude gestures. Runtime is approximately 1 hour and 33 minutes. It is open to adults 55 & older and exceptions under the general participation policy, but will be limited to the first 100 who sign up. *In order to make our events more accessible, closed captioning will be used for all movies when available.*

EXTRA HELP WITH MEDICARE'S **PRESCRIPTION DRUG PROGRAM**

Tuesday, October 29 - 2:00pm - Mock Place Apartments

RSVP by Oct. 22

If you have a lower income you may qualify for help with the costs of your prescription drugs. Come learn the details of the assistance and if you qualify we will sign you up on the spot. Please have your financial information available regarding income and any bank accounts, cds, etc. that you might have. Open to anyone on Medicare.

HANDBELLS

Friday, November 1 - 10:00am - MP Room B

RSVP by Oct. 25

See all the details on pg. 16.

MOVIE DAY WITH THE GRANDKIDS (OR NOT!) - "FRANKENWEENIE"

Friday, November 1 - 1:00pm -

Multipurpose Rooms A & B

RSVP by Oct. 25

MPLC license No: 12377840

In this animated tale, young Victor conducts a science experiment to bring his beloved dog, Sparky back to life only to face unintended, sometimes monstrous consequences. Featuring the voices of Catherine O'Hara, Martin Short and Charlie Tahan, this movie is rated PG for thematic elements, scary images and action. Run time is approximately 1 hour and 27 minutes. You are welcome to bring your grandkids, great-grandkids, etc. All children must be accompanied by an adult. You may also attend without children. *In order to make our events more accessible, closed captioning will be used for all movies whenever available.*

ASK THE DOCTOR

Monday, November 4 - 10:45 - 11:15am - MP Room A

Speaker: Dr. George Kimberly

See all the details on pg. 15.

SENIOR FINANCIAL CARE

Tuesday, November 5 - 8:30am - 4:30pm - by appt. - Media Room

Counselors provided by Senior Financial Care of Winston Salem

See all the details on pg. 19.

BLOOD PRESSURE SCREENINGS

Tuesday, November 5 -10:45am -

Multipurpose Room A

See all the details on pg. 16.

NOVEMBER SPECIAL EVENTS - MOCKSVILLE SITE



SENIOR HOUSING TALK

Wednesday, November 6 -

10:45am - Multipurpose Room A

**Speaker: Roy Helm, President,
Wesley Community Development
Corporation**

Willow Pond Apartments will be 50 units of affordable multi-family housing for seniors aged 55 and older. This project will be a mix of one and two bedroom apartments in a three story building with an elevator. The building will have a parlor, computer room, and large meeting room available for the residents. Construction is expected to be complete by March, 2014 and will be located behind Walgreens in Mocksville. In order to qualify for an apartment residents must have annual income below 60% of the median income for Davie County. Come learn more about this exciting new housing opportunity. Open to adults of any age.

VETERAN'S LUNCH OR DINNER

**Thursday, November 7 - 1:00pm
OR**

**Thursday, November 7 - 5:30pm -
MP Rooms A & B**

Choose the time that works for you.

RSVP deadline: Nov. 1 (or when spaces fill)

All veterans and active military personnel and one guest are invited to a meal in their honor. Both events will have a delicious meal and feature entertainment by "The Andrews Sisters". Space is limited at each event, so call early to ensure you get to come at the time you desire.



LEARN MORE ABOUT CENTERPOINT

**Tuesday, November 12 - 10:45am - MP
Room A**

**Speaker: Tracie Warner, Centerpoint
RSVP by Nov. 5**

Centerpoint Human Services offers a wide variety of services for those with mental health issues, substance abuse problems and developmental disabilities. Learn more about their valuable programs in our county at this seminar. Open to adults of any age - no children, please.

SCRAPBOOKING

Tuesday, November 12 - 2:00pm -

Classroom B

RSVP by Nov. 5

See all the details on pg. 11.

ALZHEIMER'S SUPPORT GROUP

Tuesday, November 12 - 6:30pm -

Classroom B

Please RSVP by Nov. 5

See all the details on pg. 20.

SHARING & CARING - NEW!

Thursday, November 14 - 1:00 - 3:00pm -

Classroom B

See all the details on pg. 11.

MESH RIBBON CHRISTMAS

WREATH

**Friday, November 15 - 1:00pm -
MP Room B**

**Instructor: Elizabeth Norman,
Program Coordinator**

Cost: \$20.00 & bring own scissors

RSVP by Nov. 8

Learn to make a beautiful wreath from mesh ribbon. An example will be on display at Senior Services. Open to adults 55 & older & exceptions under the general participation policy.



DESTINATION FITNESS TESTING

Monday, November 18 - 10:45 - 11:45am -

Exercise Room - By appointment only

See all the details on pg. 17.

MONTHLY MOVIE - "NOW YOU SEE ME"

Monday, November 18 - 1:00pm -

Multipurpose Rooms A & B

RSVP by Nov. 11

MPLC license No: 12377840

In this suspenseful movie, an FBI agent and an Interpol detective track a team of illusionists who pull off bank heists during their performances and reward their audiences with the money. Starring Jesse Eisenberg, Mark Ruffalo and Woody Harrelson, this movie is rated PG-13 for language, some action and sexual content. Runtime is 1 hour, 55 minutes. It is open to adults 55 & older &

NOVEMBER SPECIAL EVENTS - MOCKSVILLE SITE

exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for all movies when available.*

SENIOR FINANCIAL CARE

Tuesday, November 19 - 8:30am - 2:00pm - by appt. - Classroom A
Counselors provided by Senior Financial Care of Winston Salem
See all the details on pg. 19.

SENIOR BOOK CLUB

Tuesday, November 19 - 2:30 - 4:00pm - Classroom A
RSVP by Nov. 12
See all the details on pg. 15.

LUNCH WITH COUNTY COMMISSIONERS

Wednesday, November 20 - 12:00pm - Multipurpose Room B
RSVP by Nov. 13
This will be an opportunity to sit down with our County Commissioners, enjoy lunch, and ask them questions that are important to you. Open to adults 55 and older and exceptions under the general participation policy.

CAREGIVER'S DINNER

Tuesday, November 21 - 6:00pm - MP Room B
RSVP by: November 14
November is Caregiver's Appreciation Month. If you are an unpaid caregiver who provides ongoing care for an older adult, or have provided such ongoing care in the past year to an older adult who has passed away, we invite you and a guest to a relaxing dinner. There will be great food and entertainment by the Davie County Singing Seniors. This event is also open to grandparents raising grandchildren. Caregivers are welcome to bring the loved one for which they are caring.



WAKE FOREST / DUKE FOOTBALL GAME

Saturday, November 23 - Time to Be Announced
Cost: \$5.00 for transportation, \$20.00 for ticket, hat & meal of a hamburger or hot dog & drink

Space limited to 24 people - ALL MONEY IS DUE AT TIME OF SIGN UP - TRANSPORTATION MONEY IS NON-REFUNDABLE, TICKET MONEY MAY BE REFUNDED IF THERE IS SOMEONE ON THE WAITING LIST TO TAKE YOUR PLACE

We will watch as Wake Forest takes on Duke at the BB&T Field in Winston. We will meet at Senior Services and go to the game. A pickup point in the Hillsdale area will be announced at a later date for those who are in that area. For those who wish to drive their own car, the \$5.00 transportation fee will be waived. You must still meet at one of the pickup locations so that all can arrive together. Open to adults 55 & older and exceptions under the general participation policy.

MEMORY SCREENINGS

Monday, November 25 - 1:00pm
Screener - Kelly Sloan, Community Resource Specialist
RSVP by Nov. 18

Do you forget things or misplace things more often? Do you have trouble concentrating? Have family or friends told you that you are repeating things to them? If you answered yes to any of these questions you may benefit from a Memory Screening. This is a simple, safe evaluation tool that checks memory and thinking skills. It can indicate whether an additional follow up by a healthcare provider is necessary. If you are concerned about your memory, or if you just want to learn more, come to this event. Open to adults of any age.

Qualifies for Destination Fitness drawing.

THEATRE CLUB

Tuesday, November 26 - 1:00pm - Classroom B
See all the details on pg. 16.

DECEMBER SPECIAL EVENTS - MOCKSVILLE SITE

ASK THE DOCTOR

Monday, December 2 - 10:45 - 11:15am - Multipurpose Room A

Speaker: Dr. George Kimberly

See all the details on pg. 15.



SINGLE'S DINNER / OUTING

Monday, December 2 - 5:30pm

Cost: \$8.00 for transportation & Tanglewood

Dinner on Your Own

RSVP by Nov. 25

Space is limited to the first 24 - MONEY IS DUE AT TIME OF SIGN UP & IS NON-REFUNDABLE

This is a special event for all single adults 55 and older - whether never married, divorced, or widowed. We will meet at Senior Services at 5:30 and go to Venezia's in Advance.

Afterwards we will visit the light show at Tanglewood. All participants will pay for their own meal. All participants must ride on the YVEDDI bus for this trip - no outside drivers allowed. Open to single adults 55 and older.

SENIOR FINANCIAL CARE

Tuesday, December 3 - 8:30am - 4:30pm - by appt. - Media Room

Counselors provided by Senior Financial Care of Winston Salem

See all the details on pg. 19.

BLOOD PRESSURE SCREENINGS

Tuesday, December 3 - 10:45am -

Multipurpose Room A

See all the details on pg. 16.

HANDBELLS

Friday, December 6 - 10:00am -

Multipurpose Room B

RSVP by Nov. 27

See all the details on pg. 16.

CHRISTMAS PARTY

Friday, December 6 - 2:00pm - MP Rooms A & B

RSVP deadline: Nov. 27

Don't miss our annual Christmas party. There will be great refreshments and lots of fun and entertainment. Open to adults 55 & older and exceptions under the general participation policy.

SENIOR LUNCH

Tuesday, December 10 - 11:30am -

Multipurpose Room B

RSVP by Dec. 3

Marie Roth, Director of the Davie County Singing Seniors will be with here to lead us in some Christmas carols. A delicious lunch will follow. Open to adults 55 & older and exceptions under the general participation policy. **Space limited to the first 90 who RSVP.**

SCRAPBOOKING

Tuesday, December 10 - 2:00pm -

Classroom B

RSVP by Dec. 3

See all the details on pg. 11.

ALZHEIMER'S SUPPORT GROUP

Tuesday, December 10 - 6:30pm -

Classroom B

Please RSVP by Dec. 3

See all the details on pg. 20.

SHARING & CARING - NEW!

Thursday, December 12 - 1:00 - 3:00 -

Classroom B

See all the details on pg. 11.



UNRAVELING THE MYSTERY OF A HEALTHY BODY MASS INDEX

Thursday, December 12 - 1:00pm - MP Room B

Speaker: Dr. Jeff Katula, Wake Forest University

What is a healthy BMI level? How is it calculated and are other factors important? Dr. Katula will answer all your questions about what is a healthy BMI, how you can get there and why it is important. Open to adults of all ages - no children, please. ***Qualifies for Destination Fitness drawing.***

DECEMBER SPECIAL EVENTS - MOCKSVILLE SITE

DESTINATION FITNESS BREAKFAST

Friday, December 13 - 9:00am -

Multipurpose Room B

Sponsor: Davie Hospital

Register no later than Dec. 6

Logs due December 3 to Elizabeth Norman, Program Coordinator

For our next destination we will "walk" 130 miles to and from Carolina Christmas at Charlotte Motor Speedway in Charlotte, NC. Everyone who participates in the Destination Fitness testing or is interested in participating in the program is invited. For more details on this program, see pg. 17.

DESTINATION FITNESS TESTING -

Monday, December 16 - 10:45 - 11:45am -

Exercise Room - By appointment only

See all the details on pg. 17.



MONTHLY MOVIE - "THE GREAT GATSBY"

Monday, December 16 - 1:00pm -

Multipurpose Rooms A & B

RSVP by Dec. 9

MPLC license No: 12377840

This is an adaptation of F. Scott

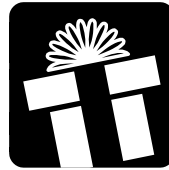
Fitzgerald's Long Island-set novel, where Midwesterner Nick Carraway is lured into the lavish world of his neighbor, Jay Gatsby. Soon enough, however, Carraway will see through the cracks of Gatsby's nouveau riche existence, where obsession, madness, and tragedy await. Rated PG-13 for some violent images, sexual content, smoking, partying and brief language, this movie stars Leonardo DiCaprio, Joel Edgerton, and Tobey Maguire. Runtime is approximately 2 hours and 23 minutes. It is open to adults 55 & older and exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for all movies when available.*

SENIOR FINANCIAL CARE

Tuesday, December 17 - 8:30am - 2:00pm - by appt. - Classroom A

Counselors provided by Senior Financial Care of Winston Salem

See all the details on pg. 19.



CHRISTMAS BINGO

Tuesday, December 17 - 1:00pm -

Multipurpose Room B

Sponsored by: Woodmen of the World

RSVP by Dec. 10

Come out for some fun games of Bingo! Refreshments will be served. Due to the sponsorship, Bingo will be free. Open to adults 55 & older and exceptions under the general participation policy. *In order to make our events more accessible, Braille cards and display screen are available.*

SENIOR BOOK CLUB

Tuesday, December 17 - 2:30 - 4:00pm -

Classroom A

RSVP by Dec. 10

See at the details on pg. 15.

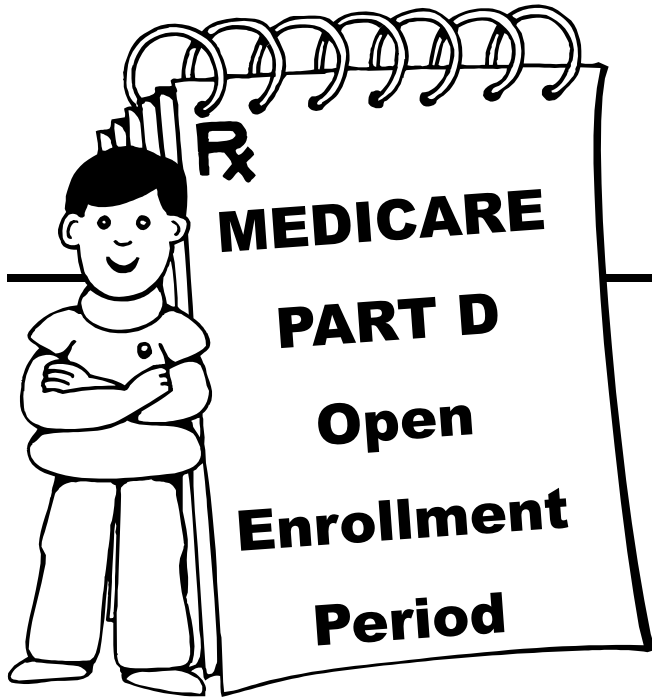
SATURDAY MORNING CINEMA - "THE GRINCH"

Saturday, December 21 - 10:00am - MP Rooms A & B

RSVP by Dec. 14

MPLC license No: 12377840

Based on the book by Dr. Suess, this movie tells the tale of the Who's, who live in Whoville & love Christmas, and the Grinch, who lives just outside Whoville and hates both Christmas and the Who's. As the Grinch plots to steal Christmas away from the Who's, Cindy Lou Who decides to befriend him. Will he have a change of heart? Starring Jim Carrey, Taylor Momsen and Jeffrey Tambor, this movie is rated PG for some crude humor. Run time is approximately 1 hour and 44 minutes. Closed captions will be used whenever possible. Open to adults 55 & older & exceptions under the general participation policy.



DO YOU NEED HELP?

In 2013 the Open Enrollment Period for Medicare Prescription Drug Programs is October 15 - December 7. During this time people with Medicare may enroll in or

change their Prescription Drug Coverage. As part of the NC Department of Insurance, the

Seniors' Health Insurance Information Program (SHIP) has experts trained to help you do this.

There is also federal assistance for those with Medicare who have limited resources and income. If you qualify you can receive assistance to help pay for premiums, deductibles and prescription co-payments.

A counselor can help you choose the plan that best meets your needs and also help you to apply for assistance if you qualify.

Call Davie County Senior Services at 336-753-6230.

SPECIAL INFORMATION SECTION - LEGACY GIFT PROGRAM

Legacy Gift Program

Our Legacy gift program provides seniors with the long term assurance of accessible services and opportunities for fellowship, fun and learning, through activities and programs that enrich their lives. By donating to Senior Services you can help assure that programs and services are provided for our Seniors far into the future.

You can also help Senior Services grow and expand to meet future needs.

Ways to Give

Outright Gifts (Donate today) <ul style="list-style-type: none">• Cash• Stocks/Securities• Real Property Bequests (Leave in your estate) <ul style="list-style-type: none">• Cash• Real Property• Percentage of Estate• Remainder of Estate	Insurance Policy Beneficiary <ul style="list-style-type: none">• Name Senior Services as a beneficiary Retirement Plan/IRA <ul style="list-style-type: none">• Name Senior Services as beneficiary of death benefit Senior Services' Endowment Fund <ul style="list-style-type: none">• Make any of the above gifts through the Davie Community Foundation and a percentage of your gift goes to Senior Services each year
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How Do I Make a Legacy Gift?

To make an outright cash gift:

- Mail your check to Senior Services
- Advise us if gift is in honor of or memory of an individual
- If so, provide information on where to send acknowledgement

To make other gifts:

- Speak to your attorney or financial advisor to set up the type of Legacy Gift you wish to make
 - Inform Senior Services of your intent

To make a gift through the Endowment fund:

- Speak with Davie Community Foundation to set up your own endowment to benefit Senior Services or give to the fund already established

Legacy Gifts received will be recognized once a year in Davie County Senior Services' Annual Review at the following levels:

\$100,000+	Visionaries
\$50,000 - \$99,999	Founders
\$10,000 - \$49,999	Benefactors
\$5,000 - \$9,999	Leaders
\$1,000 - \$4,999	Patrons
\$500 - \$999	Investors
\$100 - \$499	Supporters
\$1 - \$99	Friends

ONGOING ACTIVITIES - MOCKSVILLE SITE



Arts & Crafts

QUILTING

Mondays - 10am - 12pm - Classrooms A & B

Join this talented group who loves to quilt. Bring your supplies and work with, and learn from, other quilters. No instruction is provided. This is an intergenerational program.

DAVIE CO. QUILT GUILD

3rd Monday of each month at 6:30pm - (Oct. 21, Nov. 18, Dec. 16)

- Multipurpose Rooms A & B

President: Imogene Stroud

Membership Dues: \$20.00 year

Monthly meetings may include show & tell, demonstrations, guest speakers, or work sessions. Senior Services is a co-sponsor of this group. For detailed information, please call the group leader (call for number).

ART - STILL LIFE & LANDSCAPES

Mondays - 9am - 12pm - MP Room B

Instructor: Annette Ratledge

Cost: Furnish your supplies

Classes will run each Monday, and students can start at any time. Annette will work one on one to get students started. **Beginners need to come to the first class before buying supplies.** Open to adults 55 & older.

SCRAPBOOKING

2nd Tuesday of each month - 2:00pm

- Classroom B - (Oct. 8, Nov. 12, Dec. 10)

Group Leader: Barbara Thornton

Bring your supplies & your current projects & "scrap" with friends. Barbara & other participants can help with ideas and techniques if needed. Special programs and field trips are sometimes held. This group is open to all ages.

WOODCARVING

Wednesdays - 9am - 11am - Classroom A

Facilitator - Tim Trudgeon

Expert woodcarver Tim Trudgeon will be here each Wednesday. Anyone with an interest in carving is invited to get together with him at that time. All levels are welcome - beginner to

advanced. You may come as often as you wish, but please call before attending your first session. Open to adults of any age.

TATTING

Fridays - 10:00am - Classroom B

Join this group who loves to tat. Bring your supplies and work with, and learn from, other tatters. This includes shuttle tatting and needle tatting. No formal instruction is provided.

SHARING & CARING GROUP - NEW!!

2nd & 4th Thursdays of each month - 1pm - 3pm - Classroom B

Do you have a passion for crafting? Bring your handwork / portable project and join this fun group for a time to share, fellowship and craft together making projects to give to those in need.



Computer Lab & Classes

Ten computers are available during normal operating hours when there is not a meeting or class in progress. Users must be 55 or older and sign a user form. Call ahead to make sure the lab is available or just drop in to take advantage of this room.

UPCOMING COMPUTER CLASSES:

Instructor: Jackie Allen

Cost: Free

Register by: No later than 1 week prior to 1st day of class (Note - classes fill quickly, so you may want to register early)

Class Size: Limited to 10 students

COMPUTER BASICS

This class is for those of you who have never used a computer before. You'll learn the basics such as how to turn it on & off, how to use the mouse & the keyboard, etc.

Upcoming Session:

- October 17, 18 & 22 (Thurs., Fri., Tues.) - 3:00pm - 5:00pm - Media Room

ONGOING ACTIVITIES - MOCKSVILLE SITE

BEGINNING COMPUTERS

This class is suitable for those who have very little knowledge of computers, but do know how to use the mouse/keyboard. We will discuss the parts of the computer and what to look at when purchasing a computer. Also we will spend time on the Internet, making sure you know how to go directly to a web site. We will also become familiar with the layout of Microsoft Word. *This class is intended for those with mouse/keyboard skills.*

Upcoming Session:

- November 7, 8, 12 & 14 (Thurs., Fri., Tues., Thurs.) - 2:00 - 5:00pm - Media Room

PRINTING INVITATIONS

You will learn to use blank invitations to create beautiful invitations for baby showers, birthdays, or any type of celebration. *This class is 1 day and is intended for students who have a good understanding of Microsoft Word. Word Levels 1, 2 & 3 are recommended prior to taking this class.*

Upcoming Sessions:

- Oct. 29 (Tues.) - 2:00 - 4:00pm - Media Room
- Oct. 29 (Tues.) - 5:00 - 7:00pm - Media Room
- Dec. 6 (Fri.) - 3:00 - 5:00pm - Media Room
- Dec. 9 (Mon.) - 6:00 - 8:00pm - Media Room

ENVELOPES & LABELS LEVEL 1

Learn to print envelopes and labels the easy way. Your addresses are saved in Microsoft Excel & we merge them into Microsoft Word so you can print directly on the envelope or on labels. We are using Microsoft Excel & Word 2007. *This class is 1 day and is intended for students who have a basic understanding of Microsoft Word & Microsoft Excel. Mouse & Keyboard skills required.*

Upcoming Sessions:

- Nov. 1 (Fri.) - 3:00 - 5:00pm - Media Room
- Nov. 12 (Tues.) - 6:00 - 8:00pm - Media Room



Dance

LINE DANCING - NEW TIME!!

Every Monday - 9:45 - 10:45am -

Exercise Classroom

Instructor: Elizabeth Norman, Program & Outreach Coordinator

Each Monday we will learn all the latest line dance steps. Open to adults 55 & older and exceptions under the general participation policy.

BALLROOM/SOCIAL DANCING

Wednesdays - 6:00pm - MP Room B

Cost: Free

If you enjoy dancing, come join this fun group. A group of dancers get together every Wednesday night to practice ballroom dancing and shagging. There is no instruction provided. You will need to bring a partner with you. Open to adults 55 and older and exceptions under the general participation policy.



Drop In Activities

Senior Services invites you to drop by anytime to take advantage of the following:

- | | |
|----------------|-------------------|
| * Board Games | * Music |
| * Books | * Newspapers |
| * Cards | * Ping Pong Table |
| * Checkers | * Puzzles |
| * Chess | * Scales |
| * Computer Lab | * Shredder |
| * Fitness Room | * Videos |
| * Magazines | * Wii |

Items are available as long as an activity is not occurring in the room in which they are located. For any questions concerning availability of drop in items, please call ahead.

ONGOING ACTIVITIES - MOCKSVILLE SITE

Exercise



SILVERHEALTH

Mondays, Wednesdays & Fridays - 8:30 - 9:00am - Exercise Room

Instructor: Elizabeth Norman, Program & Outreach Coordinator

If you are looking for a beginner class, this is for you. This class works with hand weights and resistance bands and focuses on toning - especially those important core muscles. Stay for the Morning Wake Up Program if you desire a more intense workout or leave at 9:00 if you prefer a shorter program. Open to adults 55 & older and exceptions under the general participation policy.

MORNING WAKE UP PROGRAM

Mondays, Wednesdays & Fridays - 9:00 - 9:30am - Exercise Room

Instructor: Elizabeth Norman, Program & Outreach Coordinator

This class is a continuation of the SilverHealth class. Come at 8:30 for stretching and toning and stay for this class for 30 minutes of cardio movement. This class builds upon SilverHealth & is designed to be done together with SilverHealth. Open to adults 55 & older and exceptions under the general participation policy.

YOGA FOR SENIORS

Mondays & Wednesdays - October 2 - December 30 - Exercise Room

Instructor: Kim Crawford

3 CLASSES TO CHOOSE FROM:

1:00 - 2:00pm

2:00 - 3:00pm

3:00 - 4:00pm

Cost: Free (Donations to Senior Services are appreciated)

Limited to first 12 per session who register

Yoga is a gentle form of exercise that helps improve flexibility and relieve stress. This class is designed specifically for seniors. Open to adults 55 & older. **Registration for all sessions begins Sept. 18 at 8:00am. You may only sign up for 1 yoga session per quarter.**

TAI CHI

This class will start back January, 2014. Look in the next newsletter for all the details.

EVENING YOGA FOR SENIORS

Tuesdays & Thursdays - October 1 -

December 31 - 6:30 - 7:30pm - Exercise Room (no class the 2nd Thursday of each month)

Instructor: Valerie Slogick

Cost: Free (Donations to Senior Services are appreciated)

Limit to the first 12 who register

Yoga is a gentle form of exercise that helps improve flexibility and relieve stress. This class is designed specifically for seniors. Open to adults 55 & older. **Registration for this session begins Sept. 18 at 8:00am. You may only sign up for 1 yoga session per quarter.**

YOGA FOR SENIORS

Wednesdays & Fridays - October 2 -

December 27 - 10:00am - 11:00am - Exercise Room

Instructor: Valerie Slogick

Cost: Free (Donations to Senior Services are appreciated)

Limit to the first 12 who register

Yoga is a gentle form of exercise that helps improve flexibility and relieve stress. This class is designed specifically for seniors. Open to adults 55 & older. **Registration for this session begins Sept. 18 at 8:00am. You may only sign up for 1 yoga session per quarter.**

DANCE PARTY AEROBICS

Tuesdays & Thursdays - 5:30 - 6:30pm

Instructor: Lorri Carlton

Cost: Free (donations to Senior Services are appreciated)

This class is designed to get you up and moving! These moves are inspired by Latin dance steps and will help you have fun while increasing your heart rate and burning calories. Please call ahead before you come to your first class. Open to adults 55 & older and exceptions under the general participation policy.

ONGOING ACTIVITIES - MOCKSVILLE SITE

ARTHRITIC EXERCISE

Every other Wednesday - 10:45 - 11:15am - Multipurpose Room A

Instructor: Ina Beavers, Nutrition Program Coordinator

This class focuses specifically on adults with arthritis, working mainly on flexibility. Other beginner exercisers may also benefit. Open to adults 55 & older and exceptions under the general participation policy.

M.A.D.E. (MODERN AEROBIC DANCE EXERCISE)

This program has been suspended temporarily but will restart in January, 2014. Be sure to look in the next newsletter for all the details.



BOWLING LEAGUE

Mondays - 8:30am - depart from

Rec. Dept.

Cost: \$6.00 per session (3 games)

Our bowlers will be starting another session soon. Regular bowlers & substitutes are welcomed.

WALKING

Weekdays - 6:30 - 9:00am - Parks & Rec.

The gym at Parks & Rec. is open each weekday morning for seniors to walk. Don't forget to record your mileage & sign up for our Destination Fitness program to earn great incentives. For more information on walking availability call Parks & Rec. at 751-2325.

FITNESS ROOM

Monday - Thursday - 8:00am - 8:00pm

Friday - 8:00am - 5:00pm

Saturday - 9:00am - 1:00pm

Cost: Free (donations are appreciated)

Our fitness room is stocked with great fitness machines that can be used by adults 55 and older at no charge. Equipment is available on a first come first serve basis. Training is required prior to the first time using equipment. Each 15 minutes of exercise counts toward 1 mile in the Destination Fitness program. **Please call for an appointment for training.**

Wii GAMES

Time: Drop In Whenever Room is Available - Multipurpose Room A

In these video games you actually do the moves - swing the tennis racket, the baseball bat, the golf club, etc. If you need help, simply make an appointment with a staff member & they can give you a short orientation session. Wii is available on a drop in basis whenever the room is not being used. Call if you have a question regarding availability.

Available games include:

- | | |
|-------------|---------------------|
| * Golf | * Fishing |
| * Tennis | * Shooting Range |
| * Boxing | * Billiards |
| * Baseball | * Big Brain Academy |
| * Ping Pong | * Many, many more |



Games

PING PONG

Our ping pong table is available on a drop in basis whenever the room is available. Call ahead if you have a question regarding availability.

SCRABBLE

Mondays - 1:00pm - Classroom B

Strengthen your vocabulary & have fun with this classic game. Any number can play. Open to adults 55 & older and exceptions under the general participation policy.

SKIPBO

Every Wednesday - 1:00pm - Classroom A

If you can count to 12, you can play this fun game. Beginners are welcome and any number can play. Open to adults 55 & older and exceptions under the general participation policy.

DUPLICATE BRIDGE

Every Wednesday - 2:00 - 5:30pm - Multipurpose Room A

Bring a partner and join this group for duplicate bridge. Open to adults 55 & older & exceptions under the general participation policy. Alternates may be under age 55.

ONGOING ACTIVITIES - MOCKSVILLE SITE

TEXAS HOLD EM

Thursdays - 1:00pm - Classroom A

This poker game is sweeping the nation & is for fun only - NO REAL BETTING ALLOWED. Any number can play & beginners are welcomed. Open to adults 55 & older & exceptions under the general participation policy.



Health & Wellness

DESTINATION FITNESS TESTING

3rd Monday of each month - 10:45 - 11:45am

- Exercise Room - By appointment only - (Oct. 21, Nov. 18, Dec. 16)

Tester: YMCA or Sr. Services rep.

If you want to participate in the Destination Fitness Program, you need to participate in this testing. Please call for appointment.

ASK THE DOCTOR

1st Monday of each month - 10:45 am - MP Room A (Oct. 7, Nov. 4, Dec. 2)

Dr. Kimberly is here the first Monday of each month to answer your questions. Although this is no substitute for a doctor's visit, it is a great opportunity to ask about those issues that have been on your mind. You'll also benefit from hearing other questions asked & answered as well. Open to adults 55 & older & exceptions under the general participation policy.

BLOOD PRESSURE SCREENINGS

1st Tuesday of each month - 10:45am -

MP Room A - (Oct. 1, Nov. 5, Dec. 3)

Cost: Free

A trained professional will take your blood pressure at no charge.

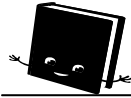
PODIATRIST VISITS

THURSDAYS - EVERY 3 WEEKS - Call for current dates

8:30 - 10:00am - Classroom B

Cost: Usually Private Pay

Dr. Grady Dunn, podiatrist in Forsyth Co. brings his services to Senior Services every 3 weeks. Call Senior Services for current dates. Call Dr. Dunn's office directly at 768-9180 for more information on services and charges.



Literary Arts

SENIOR BOOK CLUB

3rd Tuesday of each month - 2:30 - 4:00pm - Classroom A

Oct. 15 - "Reading Lolita in Tehran" by Azar Nafisi

Nov. 19 - "Nickel and Dimed" by Barbara Ehrenreich

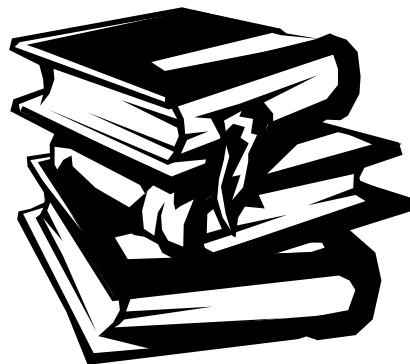
Dec. 17 - "The #1 Ladies Detective Agency" by Alexander McCall Smith

Leader: Genny Hinkle - Davie Co. Library

At each meeting you will discuss the book that was read the month before & receive the new book to read. Books are provided at no charge. You must turn in your book on or before the meeting date so we can continue to get the books at no charge. Co-sponsored with Davie Co. Public Library. Open to adults 55 & older and exceptions under the general participation policy.

LIBRARY

We accept donations of recently published books in good condition. These may be checked out at the front desk. Because of space constraints, please limit donations to hardcover, recent publications (within the past 5 years). We will donate any books we cannot use to another organization.



ONGOING ACTIVITIES - MOCKSVILLE SITE



Lunch

Mondays - Wednesdays - 11:30am

Thursdays & Fridays - 11:00am - MP Room A

**Staff Contact: Ina Beavers, Nutrition
Program Coordinator**

Cost: Free, donations appreciated

Each weekday Senior Services serves a nutritionally balanced lunch to seniors. Those 60 and older who wish to fill out paperwork can eat at no charge. Those who are under 60 or do not wish to fill out paperwork pay \$3.58. A program is offered each day at 10:45am before lunch. You must call by noon the day before you plan to eat to order a meal.



Special Interest

PIEDMONT POWER ASSOCIATION

1st Mon. of each month - 7:00pm -

Multipurpose Room B

(Oct. 7, Nov. 4, Dec. 2)

President: Arthur Bostick

Annual Dues: \$20.00

This group loves old tractors. If you do too, why not join them? Monthly meetings include dinner and a program. Senior Services is a co-sponsor of this group. For specific information please call the group leader (call for number).

SENIOR SERVICES ADVISORY COUNCIL

4th Tuesday of every other month - 3:00pm -

Media Room (Nov. 26)

Staff Contact: Kim Shuskey, Director

This is a volunteer group appointed by Davie Co. Commissioners to help Senior Services plan, set goals and fundraise. If you are interested in serving, please contact Kim Shuskey. Meetings are open to the public.



Stage, Screen & Music

DAVIE COUNTY SINGING SENIORS

Each Thursday - 10:00am - Multipurpose

Room B (Jan. - June/Sept. - Dec.)

Chorus Director: Marie Roth

Annual Dues: \$10.00

If you love to sing, why not join this fun group? The chorus practices each week and performs at churches, civic clubs, nursing homes & community events. Open to adults 55 & older.

HANDBELLS

1st Friday each month - 10:00am -

MP Room B (Oct. 4, Nov. 1, Dec. 6)

Staff Contact: Kim Shuskey, Director

Join this group who have fun learning an easy version of handbells that combines bell ringing with full background music. No prior music experience is necessary to participate. Please call before you come the first time. Open to adults 55 & older and exceptions under the general participation policy.

THEATRE CLUB

4th Tues. each month - 1pm - Classroom B

(Oct. 22, Nov. 26, No Dec. meeting)

**Staff Contact: Barbara Thornton, Senior
Center Aide**

This group meets once a month to discuss various theatrical options in the area and to choose different plays and performances to attend as a group. Each person pays for their ticket. Open to adults 55 & older and exceptions under the general participation policy.

OTHER ONGOING PROGRAMS & SERVICES



Destination Fitness!

This joint effort between Senior Services, Parks & Rec., Davie Family YMCA & the Davie Co. Hospital rewards exercise. Each quarter there is a destination that you strive to reach. You keep track of the number of miles you walk & the number of approved exercise classes in which you participate. At the end of each quarter all participants are invited to a breakfast and those who have met their miles will receive a special prize. To participate, you need to fill out a participation form & complete a pre-program evaluation which will consist of a short survey & a few measurements. Follow up tests will be conducted every 6 months to help you see how your exercise program is benefiting you. In addition to the exercise programs, educational seminars will be offered & each quarter participants will receive a chance for a special prize based on attendance at these seminars. For complete information and forms, contact a staff member. **Testing dates will be the 3rd Mon. of each month at the Mocksville Site from 10:45 - 11:45am.**



Financial Support

LEGACY GIFT PROGRAM

Davie County Senior Services is committed to bringing quality programs & services to older adults in our county, most at no charge. We are also committed to planning ahead to meet future needs. To do this, donations are needed and appreciated. Individuals & organizations can contribute in the following areas:

- **Outright Gifts** - donations of cash, property or stocks/securities
- **Bequests** - name Senior Services in your will as a beneficiary of cash, property, a percentage of the estate or the remainder of the estate
- **Insurance Policy Beneficiary** - Name Senior Services as beneficiary of death benefit

- **Retirement Plan / IRA** - Name Senior Services as beneficiary of death benefit
- **Endowment Fund** - Make any of the above gifts through the Davie Community Foundation to provide permanent financial support for programs & services

Please contact us for more information about donating to Senior Services.

Donations are tax deductible.

Services



STAFF CONTACT FOR ALL SERVICES IS KELLY SLOAN, COMMUNITY RESOURCE SPECIALIST, UNLESS INDICATED OTHERWISE.

BUDDY PROGRAM

Staff Contact: Mitzi Hunter, Morning Receptionist

Cost: Free

If you are new to Senior Services and are unsure of attending your first event alone, this program is for you. We match volunteers with participants who are new to Senior Services. They meet newcomers here at their first event, sit with them, introduce them to other people and help them "learn the ropes". To request a buddy for a special event, please let us know when you sign up for the event.

CAREGIVING CLASSES & RESOURCE CENTER

Cost: Free

Our Resource Specialist can meet with you individually or as a group to provide training to help you become a better caregiver. Various topics are available. In addition, materials of interest to caregivers - videos, books, pamphlets - are available to check out at the Mocksville site of Senior Services. Open to any age.

OTHER ONGOING PROGRAMS & SERVICES

CAREGIVER SUPPORT PROGRAM

Cost: Free, donations appreciated

This program can provide a trained worker to stay with your loved one while you get a break to run errands, go to a movie - whatever you need to do. We can also provide free nutritional supplements such as Boost or Ensure and incontinence supplies such as Depends. To qualify you must be providing care to someone 60 or older in Davie County who needs assistance with certain activities of daily living and/or have Alzheimer's regardless of age. Call for appointment for an assessment. Home visits can be arranged.

DRAGON SPEECH RECOGNITION SOFTWARE

Due to a generous donation by one of our participants, one computer in our lab is equipped with speech recognition software. If you have difficulty typing come by and use this program. Please note that each person who uses it will need to go through the setup process in order to recognize their voice. Headsets for the program can be checked out at the front desk. Available whenever the computer lab is free. You may wish to call ahead. If you need assistance from a staff member to use, you must make an appointment.

ENSURE PROGRAM

Cost: Free, donations appreciated

This program provides free nutritional supplements such as Ensure to seniors whose doctors prescribe supplementation. Qualifying seniors must be an existing nutrition client or 60 or older and unable to tolerate solid foods. Call for appointment for an assessment. Home visits can be arranged.

FIDGET APRONS

Cost: Free

These aprons provide those with Alzheimer's or other forms of dementia something to keep their hands busy, which can help reduce agitation and wandering. They are made by volunteers and are provided free of charge to anyone who can use one.

FRIENDLY VISITOR

Cost: Free

This program matches up volunteers who agree to visit socially isolated seniors on a regular basis. One hour visits every other week with a phone call the week in between are required of the program. More visits are encouraged.

HANDMADE PERSONAL ITEMS

Cost: Free, donations appreciated

Senior Services has bibs and walker aprons made by volunteers to give to those who need them. If you or someone you know can benefit from these items, please call our Resource Specialist.

HOMEBOUND MEALS

Cost: Free, donations appreciated

Homebound meals provide a nutritionally balanced meal to homebound seniors 5 days a week. To qualify, one must be 60 or older & unable to cook for him/herself. The person must also be homebound, meaning that it is very difficult for him/her to leave the home due to a physical or mental impairment. Call for an appointment for an assessment.



INFORMATION & ASSISTANCE

Our Resource Specialist can answer questions and assist seniors, family members and caregivers of any age in obtaining a wide variety of information and services for seniors. All assistance is confidential. Call for an appointment for assistance. Home visits can be arranged.

JOB MATCH

Staff Contact: Barbara Thornton, Senior Center Aide

If you are a senior interested in work, fill out a JobMatch application. When we receive a call from someone who needs that type of work, we will give them your information. Senior Services only provides potential employers with names - no references, recommendations or hiring decisions are made by us. Pay rate is between the employer & employee.

OTHER ONGOING PROGRAMS & SERVICES



LEGAL AIDE

Cost: Free, donations appreciated

This program provides limited legal assistance to low income seniors aged 60 & older. For those who cannot afford it, we will pay attorney fees for such things as a will, power of attorney, health care power of attorney and a living will. You must make an appointment with us prior to seeing the attorney. We can not pay bills that you have already received. Call for an appointment.

NOTARY SERVICE

Staff Contact: Elizabeth Norman, Prog. & Outreach Coord. or Ina Beavers, Nutrition Prog. Coordinator

Cost: Free

Time: By appointment only

We will provide free notary services to those 55 and older. As written in the notary rules, the notary can refuse to notarize any document at her discretion. Car titles will not be notarized.

REVERSE MORTGAGE COUNSELING

Time: By appointment only

See information under Senior Financial Care.

SENIOR FINANCIAL CARE

1st Tuesday of each month - 8:30am - 4:30pm - Media Room of Mocksville Site

2nd Tuesday of each month - 10:00am - 1:00pm - Farmington Site

3rd Tuesday of each month - 8:30am - 2:00pm - Classroom A of Mocksville Site

4th Tuesday of each month - 10:00am - 1:00pm - Farmington Site

Cost: \$10 for first visit - Subsequent visits based on a sliding scale (Fees may be waived if unable to pay)

Senior Financial Care is a program of Financial Pathways of the Piedmont of Forsyth County. They provide personal budgeting & monthly expense management, credit and debt repayment counseling, reverse mortgage counseling, and fraud awareness and prevention counseling. For more information you may call them directly at 336-896-1328.

SHIIP - (Seniors' Health Insurance Information Program)

Staff Contact: Mitzi Hunter, SHIIP Coordinator

Cost: Free

Time: Wednesday afternoons by appointment (other times can be arranged if necessary)

Volunteers trained through the NC Dept. of Insurance can help answer questions about Medicare, Medicare supplements and Medicare's Prescription Drug Program. Available to any age person on Medicare.

SHREDDER

(Available at Mocksville Site)

Don't throw documents containing personal information in the trash & risk having someone steal your identity. Instead bring your items here where we can shred them for you. Please remove all staples, paperclips, etc. & bring only loose paper, not bound items.

TELEPHONE REASSURANCE PROGRAM

Staff contact: Tracy Veach, Administrative Assistant

Cost: Free

This program provides a daily telephone call to anyone who lives alone, and is either 55 years of age or older, or is an adult with a physical disability. Each call is an opportunity to confirm safety as well as impart care and concern.



VIAL OF LIFE

Cost: Free

This program allows you to record your medical history and medications on a form which is placed in a bottle in your refrigerator. A sticker on your door alerts EMS that this information is there in case they respond to your home in an emergency. Co-sponsored with Davie Co. Healthy Carolinians. Available to all ages.

OTHER ONGOING PROGRAMS & SERVICES

VIDEO EYE

(Available at Mocksville Site)

The Video Eye is a low vision reading machine that uses a camera to magnify text and objects onto a computer monitor for easier viewing. This machine can help with reading, writing and hobbies like needlework and crossword puzzles. It is available anytime there is a free room.



Support Groups

ALZHEIMER'S SUPPORT GROUP

2nd Tuesday of each month - 6:30pm -

Classroom B - (Oct. 8, Nov. 12, Dec. 10)

Facilitator: Kelly Sloan, Community

Resource Specialist

RSVP no later than the Friday before the meeting

This group is open to adults of any age. It is intended for those caring for a loved one with Alzheimer's or other dementia but is open to any caregiver that can benefit. Meetings may consist of sharing time and/or guest speakers. This group is offered in conjunction with the Alzheimer's Association. Please call no later than the Friday before the meeting to let us know you will be coming. Meetings will be canceled if not enough interest is shown.



Trips - Day

Transportation can be provided to the 1st 24 who sign up. **There is a \$5.00 charge for transportation for each trip, due upon sign up.**

\$5.00 fee is non-refundable if you cancel. All participants buy their own lunch. If trip is canceled due to weather or other unforeseen circumstance, money will be refunded. See staff for complete trip rules.

OCTOBER 8 – DIXIE CLASSIC FAIR, WINSTON SALEM, NC

Tuesday, Oct. 8 - note change of date -

Departure time 9:00am, Return approximately 4:00pm

Cost: \$5.00 for transportation

Money for lunch

Tour the fair with a buddy! This is Senior Day and there will be bingo from 10am - 12:00pm. Lunch will be on your own at the fair. Sign up starts Aug. 15.

NOVEMBER 5 - TOUR OF CULINARY ARTS DEPARTMENT AT JOHNSON & WALES UNIVERSITY, CHARLOTTE, NC

Tuesday, Nov. 5 - Departure time 8:30am,

Return approximately 2:30pm

Cost: \$5.00 for transportation

\$10.00 for lunch (MUST BE PAID WITH A CREDIT CARD)

We will take a 1 hour tour of the Culinary Arts Lab with a guide. The tour will end in the student's cafeteria where we will have a buffet lunch. Sign up starts Sept. 16.

THIS TRIP IS LIMITED TO THE FIRST 17 WHO SIGN UP DUE TO SPACE RESTRICTIONS AT THE SITE.

DECEMBER 5 – CANDLE TEA AT OLD SALEM, WINSTON SALEM, NC

Thursday, Dec. 5 (note change of day) -

Departure time 10:00am, Return approximately 4:00pm

Cost: \$5.00 for transportation

\$5.00 for Candle Tea Tour

Money for lunch

We will have an early lunch at K&W then be in line by 12:30 at the Single Brother's House in Old Salem for the tour where we will be led by costumed guides and sing Christmas carols, see how candles are made, enjoy Moravian coffee and sugar cake and hear the Christmas story. We will also have some time to browse in the shops before we leave the area. Please note that we will have to stand in line and there are stairs as part of the tour. Sign up starts Oct. 15.

OTHER ONGOING PROGRAMS & SERVICES

JANUARY 7 - IKEA & CONCORD MILLS - CHARLOTTE, NC

Tuesday, January 7 - Departure time 9:00am, Return approximately 3:30pm

Cost: \$5.00 for transportation

Money for lunch

Money for shopping if desired

We will head south to the Ikea Store and Concord Mills. You might have some Christmas gift money left that you can spend in either location. There will be many chances for you to "look" or to spend, whatever your desire. We will have a late lunch at Concord Mills. Sign up starts Nov. 15.



Trips - Other

MYRTLE BEACH CHRISTMAS TRIP

Monday - Wednesday, November 11 - 13

Prices Per Person:

Single: \$364.00 Triple: \$298.00

Double: \$309.00 Quad: \$292.00

We will head to the beach for our annual Holiday trip. Trip includes Legends in Concert, the South's Grandest Christmas Show at the Alabama Theatre, Hot Jersey Nights at the Palace Theater, a huge buffet lunch at Webster Manor, a Thanksgiving feast at the Palisades Ballroom at Hilton Myrtle Beach Resort and more. Get complete itinerary at Senior Services.

Reservations can be made with your \$50.00 deposit. Deadline for registration is October 4. Final trip payment is due at that time as well. We are unable to give refunds after payment is made to tour company.

See staff member for complete rules regarding trips.



Volunteer Opportunities

All Senior Services volunteers receive training and orientation before beginning any assignment. Generally volunteers should be 18 years of age or older. Younger volunteers should be accompanied by a parent or guardian.

BUDDY PROGRAM

Contact: Mitzi Hunter, Morning Receptionist

This program matches volunteers with participants who are new to Senior Services. They will meet newcomers here at their first event, sit with them, introduce them to other people and help them "learn the ropes".

CLASS INSTRUCTORS

Contact: Kim Shuskey, Director

In an effort to bring new offerings to the seniors of our county, we are always looking for various types of instructors. Volunteers help our dollars go farther, but instructors can be compensated for their time if needed.

FRIENDLY VISITORS

Contact: Kelly Sloan, Community Resource Specialist

Our Friendly Visitor program matches up volunteers who agree to visit socially isolated seniors on a regular basis. One hour visits every other week & a phone call the week between are required. More visits are encouraged.

FRONT DESK VOLUNTEERS

Contact: Tracy Veach, Administrative Asst.

Volunteers are used for afternoons at the front desk. Volunteers greet visitors as they come in, ensure guests are signed in and directed to the appropriate room, register seniors for upcoming events, and may perform some office work.

HOMEBOUND MEAL DRIVERS

Contact: Ina Beavers, Nutrition Prog. Coord.

Drivers deliver meals to homebound seniors. It takes approximately 1 1/2 hours to complete a route and volunteers may deliver as often as they wish. Mileage reimbursement can be paid.

OTHER ONGOING PROGRAMS & SERVICES

LUNCH VOLUNTEERS

Contact: Ina Beavers, Nutrition
Program Coordinator

Volunteers are needed to help serve lunch, wash dishes and clean up afterwards.

OFFICE HELP

Contact: Tracy Veach, Administrative Asst.

Occasionally Senior Services needs help with various office tasks such as mass mailings, etc. Call to be placed on a list to help.

SHIP (Seniors' Health Insurance Information Program)

Contact: Mitzi Hunter, SHIP Coordinator

Volunteers are required to complete initial online training & attend quarterly trainings after that. Volunteers must perform at least 40 hours of service each year.

SPECIAL EVENT ASSISTANCE

Contact: Elizabeth Norman, Program Coord.

From time to time Senior Services needs assistance in putting on events. From food preparation to decorating - there are many ways to help. Photographers & Videographers are also always needed at events.

TAX AIDE VOLUNTEERS

Contact: Kim Shuskey, Director

Tax-Aide Counselors complete 30 hours of training. Interested individuals should have some knowledge of the IRS tax code (gained by preparing your own returns previously or prior employment with a tax service), computer skills, and enjoy working with people.

TELEPHONE REASSURANCE PROGRAM

Contact: Gloria Wommack, RSVP (753-8270)

We are partners with YVEDDI's RSVP program in this service. Volunteers will call those who live alone to provide a friendly voice and a daily welfare check. Monday - Friday phone calls are required.

CLASSES & ACTIVITIES - FARMINGTON SITE

Our Farmington site is located in the
Farmington Community Center,
1723 Farmington Rd. Hours are
Monday - Friday 10:00am - 1:00pm.
Phone number is 998-3730.



Ongoing Activities

TRANSPORTATION TO FARMINGTON SITE

Mondays, Wednesdays & Fridays

YVEDDI's transportation program will bring those persons 60 and older who live within an approximate 5 mile radius to the Farmington site on these days. To sign up, call YVEDDI at 751-2187.

EXERCISE & WALKING

Tuesdays - 10:30am

Get your exercise each Tuesday with your friends.

GARDENING

Tuesdays & Thursdays - 10am (In Season)

If you have a green thumb, why not help out in the garden? Gardening tools are available, or you can bring your own.

BLOOD PRESSURE SCREENINGS

Every 3rd Wednesday - 10:30am

(October 16, November 13, December 18)

A trained professional will take your blood pressure at no charge.

CRAFT DAY

Last Wednesday of each Month - 10:30am

(October 30, November 27, December 18 - note change of date)

Cost: Free

Each month we will present a new craft. This is a great chance to learn some new skills.

SENIOR FINANCIAL CARE

2nd & 4th Tuesday of each month - 10:00am - 1:00pm

Cost: \$10 for first visit - Subsequent visits based on a sliding scale (Fees may be waived if unable to pay)

See details on pg. 19.

CLASSES & ACTIVITIES - FARMINGTON SITE

LUNCH

Monday - Friday - 11:30am

Staff Contact: Darlene Sheets, Nutrition Site Manager

Cost: Free, donations appreciated

Each weekday Senior Services serves a nutritionally balanced lunch to seniors. Those 60 and older who wish to fill out paperwork can eat at no charge. Those who are under 60 or do not wish to fill out paperwork pay \$3.58. A program is offered each day at 10:30am before lunch. You must call by noon the day before you plan to eat to order a meal.



Special Events

LUPUS AWARENESS SEMINAR

Wednesday, October 2 - 10:30am

RSVP by Sept. 25

Lupus affects more women than men. Although we don't know for certain what causes lupus there are several potential "triggers". Learn more about this disease. Open to adults of all ages - no children please.

BRAG ABOUT IT

Friday, October 11 - 10:30am

RSVP by Oct. 4

What in your life do you like to brag about - your grandkids, your pet, your hidden talent of hula hooping? Now is your chance to brag about whatever need bragging on as we share stories about our lives. Open to adults 55 & older and exceptions under the general participation policy.

FACTS ABOUT FIBER

Monday, October 14 - 10:30am

RSVP by Oct. 7

Eat more fiber. You've probably heard that before. But do you know why fiber is so good for you, or how to get the proper amounts? Learn more about fiber at this seminar. Open to adults of all ages - no children please.

Qualifies for Destination Fitness drawing.



FRANKENSTEIN FRIDAY

Friday, October 25 - 10:30am

RSVP by Oct. 18

Have fun at this pre-Halloween party as we celebrate all things "Frankenstein". Open to adults 55 & older and exceptions under the general participation policy.

HALLOWEEN CELEBRATION

Thursday, October 31 - 10:30am

RSVP by: Oct. 24

Join your friends for a celebration of the Fall season & Halloween. Open to adults 55 & older and exceptions under the general participation policy.

SEAFOOD SAFETY

Wednesday, November 6 - 10:30am

RSVP by Oct. 30

Fish and shellfish are an important part of a healthy diet. Learn to handle and prepare it safely at this seminar. Open to adults of all ages - no children, please.

Qualifies for Destination Fitness drawing.

PANTRY BINGO

Wednesday, November 13 - 10:30am

Sponsor: Counter Point Music

RSVP by Nov. 6

Win items you can actually use at this fun game of Bingo. Open to adults 55 & older and exceptions under the general participation policy.



FILL YOUR CORNUCOPIA WITH HEALTHY VEGGIES

Friday, November 22 - 10:30am

RSVP by Nov. 15

Learn nutritional information about some of the best vegetables of the season. Open to adults 55 & older and exceptions under the general participation policy.

THANKSGIVING CELEBRATION

Monday, November 25 - 10:30am

RSVP by Nov. 18

Celebrate all your reasons to be thankful at this celebration. Open to adults 55 & older and exceptions under the general participation policy.

CLASSES & ACTIVITIES - FARMINGTON SITE

NEUROPATHY

Wednesday, December 4

RSVP by Nov. 27

Peripheral Neuropathy is one of the most common chronic diseases in the US. It causes numbness, pain, weakness and poor coordination. Learn more at this seminar. Open to adults of all ages - no children, please.

Qualifies for Destination Fitness drawing.



MAKE YOUR CHRISTMAS CARDS

Monday, December 9 - 10:30am

RSVP by Dec. 2

Have you sent your Christmas cards yet? Learn to make beautiful cards to send this Holiday season. Open to adults of all ages - no children, please.

POWER SAFETY WITH HOLIDAY LIGHTS

Friday, December 20 - 10:30am

Speaker: Jerry Myers, Emergency Management Coordinator

RSVP by Dec. 13

Keep your home safe while still enjoying your Holiday lights. Open to adults 55 & older and exceptions under the general participation policy.

CHRISTMAS CELEBRATION

Monday, December 23 - 10:30am

RSVP by Dec. 16

Join your friends for a celebration of the Christmas season. Open to adults 55 & older and exceptions under the general participation policy.

CALENDAR OF EVENTS - FARMINGTON SITE

OCTOBER

- Oct. 2 - Lupus Awareness Seminar - 10:30am
- Oct. 8 - Senior Financial Care - 10am - 1pm
- Oct. 11 - Brag About It - 10:30am
- Oct. 14 - Facts About Fiber - 10:30am
- Oct. 16 - Blood Pressure Screens - 10:30am
- Oct. 22 - Senior Financial Care - 10am - 1pm
- Oct. 25 - Frankenstein Friday - 10:30am
- Oct. 30 - Craft Day - 10:30am
- Oct. 31 - Halloween Celebration - 10:30am

NOVEMBER

- Nov. 6 - Seafood Safety - 10:30am
- Nov. 11 - CLOSED FOR VETERAN'S DAY
- Nov. 12 - Senior Financial Care - 10am - 1pm
- Nov. 13 - Pantry Bingo - 10:30am
- Nov. 20 - Blood Pressure Screens - 10:30am
- Nov. 22 - Fill Your Cornucopia With Healthy Veggies - 10:30am
- Nov. 25 - Thanksgiving Celebration - 10:30am
- Nov. 26 - Senior Financial Care - 10am - 1pm
- Nov. 27 - Craft Day - 10:30am
- Nov. 28 & 29 - CLOSED FOR THANKSGIVING

DECEMBER

- Dec. 4 - Neuropathy Seminar - 10:30am
- Dec. 9 - Make Your Christmas Cards - 10:30am
- Dec. 10 - Senior Financial Care - 10am - 1pm
- Dec. 18 - Blood Pressure Screens - 10:30am
- Dec. 18 - Craft Day - 10:30am
- Dec. 20 - Power Safety With Holiday Lights - 10:30am
- Dec. 23 - Christmas Celebration - 10:30am
- Dec. 24, 25 & 26 - CLOSED FOR CHRISTMAS

Calendar of Events - Mocksville Site

OCTOBER

- Oct. 1 - Senior Financial Care - 8:30am - 4:30pm
- Oct. 1 - Vertigo Seminar - 10:30am
- Oct. 1 - Blood Pressure Screenings - 10:45am
- Oct. 1 - New Yoga session starts - 6:30pm - Must pre-register
- Oct. 2 - New Yoga session starts - 10:00am - Must pre-register
- Oct. 2 - Veteran's Social - 10:30am
- Oct. 2 - New Yoga session starts - 1:00pm - Must pre-register
- Oct. 2 - New Yoga session starts - 2:00pm - Must pre-register
- Oct. 2 - New Yoga session starts - 3:00pm - Must pre-register
- Oct. 4 - Handbells - 10:00am
- Oct. 4 - Beginner's Knitting starts - 11:00am
- Oct. 4 - Fall Fest @ Autumn Care - 2:00pm
- Oct. 7 - Ask the Doctor - 10:45am
- Oct. 7 - Piedmont Power Assoc. - 7:00pm
- Oct. 8 - Day Trip - Dixie Classic Fair - Depart at 9:00am
- Oct. 8 - Flu Shots - 9:00am - 3:00pm
- Oct. 8 - Scrapbooking - 2:00pm
- Oct. 8 - Alzheimer's Support Group - 6:30pm
- Oct. 9 - Pumpkin Carving - 10:45am
- Oct. 10 - Sharing & Caring - 1:00pm
- Oct. 11 - Fall Fest @ Bermuda Commons - 10:30am
- Oct. 15 - Senior Financial Care - 8:30am - 2:00pm
- Oct. 15 - Autumn Leaves Party - 2:00pm
- Oct. 15 - Senior Book Club - 2:30pm
- Oct. 17 - Wi-Fi, Cell Phones & More - 1:00pm
- Oct. 17 - Computer Basics class starts - 3:00pm
- Oct. 18 - Flu Shots - 9:00am - 12:00pm
- Oct. 18 - Fall Fest @ Davie Place - 10:30am

- Oct. 21 - Destination Fitness Testing - 10:45am - 11:45am
- Oct. 21 - Monthly Movie - "42 - The True Story of an American Legend" - 1:00pm
- Oct. 21 - Quilt Guild - 6:30pm
- Oct. 22 - Theatre Club - 1:00pm
- Oct. 24 - Sharing & Caring - 1:00pm
- Oct. 25 - Fall Fest @ Somerset Court - 2:00pm
- Oct. 26 - Saturday Morning Breakfast - 9:00am
- Oct. 28 - Dinner & a Movie - "Unfinished Song" - 5:30pm
- Oct. 29 - Printing Invitations Class - 2:00pm
- Oct. 29 - Medicare Prescription Drug Program Extra Help seminar - Mock Place - 2:00pm
- Oct. 29 - Printing Invitations Class - 5:00pm

NOVEMBER

- Nov. 1 - Handbells - 10:00am
- Nov. 1 - Movie Day with Grandkids (Or Not) - "Frankenweenie" - 1:00pm
- Nov. 1 - Envelopes & Labels class - 3:00pm
- Nov. 4 - Ask the Doctor - 10:45am
- Nov. 4 - Piedmont Power Assoc. - 7:00pm
- Nov. 5 - Senior Financial Care - 8:30am - 4:30pm
- Nov. 5 - Day Trip - Culinary Arts Dept. @ Johnson & Wales - Depart at 8:30am
- Nov. 5 - Blood Pressure Screenings - 10:45am
- Nov. 6 - Senior Housing Talk - 10:45am
- Nov. 7 - Veteran's Lunch - 1:00pm
- Nov. 7 - Beginning Computer class starts - 2:00pm
- Nov. 7 - Veteran's Dinner - 5:30pm
- Nov. 11 - CLOSED FOR VETERAN'S DAY
- Nov. 11 - 13 - Myrtle Beach Trip - For prepaid registrants only

Calendar of Events - Mocksville Site

- Nov. 12 - Learn More About Centerpoint - 10:45am
- Nov. 12 - Scrapbooking - 2:00pm
- Nov. 12 - Envelopes & Labels class - 6:00pm
- Nov. 12 - Alzheimer's Support Group - 6:30pm
- Nov. 14 - Sharing & Caring - 1:00pm
- Nov. 15 - Mesh Ribbon Christmas Wreath - 1:00pm
- Nov. 18 - Destination Fitness Testing - 10:45 - 11:45am
- Nov. 18 - Monthly Movie - "Now You See Me" - 1:00pm
- Nov. 18 - Quilt Guild - 6:30pm
- Nov. 19 - Senior Financial Care - 8:30am - 2:00pm
- Nov. 19 - Senior Book Club - 2:30pm
- Nov. 20 - Lunch With the County Commissioners - 12:00pm
- Nov. 21 - Caregiver's Dinner - 6:00pm
- Nov. 23 - Wake Forest / Duke Football Game - Departure Time TBA
- Nov. 25 - Memory Screenings & Seminar - 1:00pm
- Nov. 26 - Theatre Club - 1:00pm
- Nov. 26 - Advisory Council Meeting - 3:00pm
- Nov. 28 - 30 - CLOSED FOR THANKSGIVING

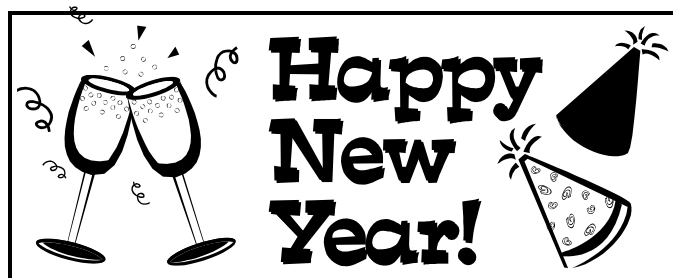
DECEMBER

- Dec. 2 - Ask the Doctor - 10:45am
- Dec. 2 - Singles Dinner & Outing - 5:30pm
- Dec. 2 - Piedmont Power Assoc. - 7:00pm
- Dec. 3 - Senior Financial Care - 8:30am - 4:30pm
- Dec. 3 - Blood Pressure Screening - 10:45am
- Dec. 5 - Day Trip - Candle Tea at Old Salem - Depart at 10:00am
- Dec. 6 - Handbells - 10:00am
- Dec. 6 - Christmas Party - 2:00pm
- Dec. 6 - Printing Invitations class - 3:00pm
- Dec. 9 - Printing Invitations class - 6:00pm

- Dec. 10 - Senior Lunch - 11:30am
- Dec. 10 - Scrapbooking - 2:00pm
- Dec. 10 - Alzheimer's Support Group - 6:30pm
- Dec. 12 - Sharing & Caring - 1:00pm
- Dec. 12 - Unraveling the Mystery of a Health Body Mass Index
- Dec. 13 - Destination Fitness Breakfast - 9:00am
- Dec. 16 - Destination Fitness Testing - 10:45 - 11:45am
- Dec. 16 - Monthly Movie - "The Great Gatsby" - 1:00pm
- Dec. 16 - Quilt Guild - 6:30pm
- Dec. 17 - Senior Financial Care - 8:30am - 2:00pm
- Dec. 17 - Christmas Bingo - 1:00pm
- Dec. 17 - Senior Book Club - 2:30pm
- Dec. 21 - Saturday Morning Cinema - "The Grinch" - 10:00am
- Dec. 24 - 26 - CLOSED FOR CHRISTMAS

The Mocksville Site of Senior Services will be closed the following dates:

- **Monday, November 11 - Veteran's Day**
- **Thursday - Sunday, November 28 - December 1 - Thanksgiving**
- **Tuesday - Thursday, Dec. 24 - 26 - Christmas**





We want to hear From You!

1. Age Range (please circle): 55-60 61-65 66-70 71-75 76-80 81-85 86-90 91+
2. Gender (please circle): Male Female
3. Race (please circle): African American Caucasian Hispanic Other _____
4. Approximately how many times per year do you participate in the activities and programs that Davie County Senior Services offers (Examples: parties, trips, educational seminars, exercise, etc.) Please circle: 0 1-10 11-20 20 or more
5. Do you utilize any of the services that Davie County Senior Services offers such as homebound meals, insurance assistance, legal assistance, etc.? Yes No
6. If you participate in activities & programs, what are your top three favorite activities/programs offered by Senior Services?) _____

7. If you are not active in Senior Services, what are some of the reasons? _____

8. What additional programs, activities, classes, etc. would you be interested in participating in at Senior Services? _____

9. Do you participate in activities at our Farmington site? Yes No
If no, why not? _____
10. Do you utilize our evening & weekend hours? Yes No
If no, why not? _____
11. Other comments/suggestions: _____

Please take a few minutes to fill out this survey and mail back to Davie County Senior Services, 278 Meroney Street, Mocksville, NC 27028, or drop it by on your next visit. To ensure confidentiality, please tear off your mailing label before returning the survey. Thanks in advance for your participation.



278 Meroney Street
Mocksville, NC 27028
336-753-6230

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ADDRESS SERVICE REQUESTED

*It is the mission of Davie County Senior Services
to provide seniors with accessible services and opportunities for
fellowship, fun and learning, through activities and programs that enrich lives.*



Don't Forget!

Anytime you come to Senior Services please remember to scan your membership card. This helps us to keep track of how many people use our building.

We use this information to obtain grants and request additional money when necessary. It also lets us know who to call if an ongoing class is canceled for some reason.

If you do not have a membership card, see a staff person today to get one. Membership is free and the information is important to help us maintain a safe environment for our participants.

Call Senior Services at 336-753-6230 for more information or to register for any events or programs in the newsletter.